

**Amendments to the Claims**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

1. (Currently Amended) A method for tracking sodium intake comprising the steps of:
  - a. determining an amount by weight, of a standard measurement system, of dietary sodium a subject is allowed to consume during an intake period, the amount being specific to a particular subject;
  - b. converting the amount by weight of dietary sodium so determined into intake points by use of a preset ratio of the amount by weight of the standard measurement system to intake points, the conversion being performed by a processor and the preset ratio being programmable into the processor, the preset ratio resulting in a total number of the intake points the subject is allowed to consume during an intake period that is one or two digits long;
  - c. selectively displaying on a display a conversion scale listing the relationship between multiple intake point values and the corresponding amounts by weight of dietary sodium, the multiple relationships being displayed simultaneously and being based on the preset ratio, the display operatively connected to the processor;
  - d. determining the amount by weight of the standard measurement system of dietary sodium in a portion of food that will be consumed by the subject;
  - e. selectively entering into the processor the number of intake points associated with the portion of food that will be consumed or the amount by weight of the standard measurement system of dietary sodium in a portion of food that will be consumed, such entry into the processor of the number of intake points or the amount by weight of dietary sodium being user-selectable;
  - f. converting the amount by weight of the standard measurement system of dietary sodium in the portion of food to be consumed to intake points by use of said preset ratio;

- g. maintaining a running sum of intake points which are equivalent to dietary sodium consumed by the subject during the intake period; and
  - h. displaying as an output the running sum of intake points on the display.
- 2. (Previously Presented) The method of claim 1 including the further step of repeating steps a. to h. for successive intake periods.
- 3. (Original) The method of claim 2 includes the step of making each intake period a day.
- 4. (Previously Presented) The method of claim 1 including the further steps of:
  - i. recording the weight of the subject at the beginning of each intake period; and
  - j. recording the weight of the subject at least once per day.
- 5. (Previously Presented) The method of claim 4 including the further steps of:
  - k. determining the change in weight between the weight recorded at the beginning of the intake period as compared to the weight taken at the beginning of the previous intake period;
  - l. determining if the change in weight exceeds a preset threshold amount; and
  - m. taking remedial action if the change of weight exceeds the threshold amount.
- 6. (Previously Presented) The method of claim 5 wherein the step of taking remedial action is consulting with a health specialist.
- 7. (Original) The method of claim 1 wherein the standard measurement system used is selected from the group of the English system or the Metric system.
- 8. (Original) The method of claim 1 wherein the standard measurement system is the Metric system.

9. (Original) The method of claim 8 wherein the preset ratio is 100 milligrams of sodium per 1 intake point.
10. (Withdrawn) The method of claim 1 wherein the step of maintaining a running sum of intake points during an intake period comprises the step of cumulatively counting the sum on a mechanical device.
11. (Withdrawn) The method of claim 10 wherein the mechanical device consists of a top sheet and a bottom sheet attached at a movable connection to each other so that when top sheet is moved progressively with respect to the bottom sheet at the movable connection a set of progressively increasing intake numbers representative of total dietary sodium intake during an intake period are visible.
12. (Withdrawn) The method of claim 11 wherein the movable connection of the top sheet to the bottom sheet is a common pivot point and movement of the top sheet with respect to the bottom sheet consists of the step of incrementally rotating the top sheet around the pivot point to reveal in an opening on the top sheet a progressively increasing intake number on the bottom sheet equivalent to the cumulative dietary sodium intake during an intake period.
13. (Withdrawn) The method of claim 11 wherein the mechanical device consists of a card with a linear array of progressively increasing intake numbers, the numbers being set out along the card with associated stop points and a slide with position indicator whereby the slide can be detachably secured at each stop point to thereby allow for maintenance of a record of total intake points used.

14. (Withdrawn) The method of claim 1 wherein the mechanical device consists of a string of beads, each bead being representative of an intake number and further including a securable but detachable clasp whereby the clasp can be positioned and repositioned with respect to the beads to provide an indication of cumulative dietary sodium intake during an intake period by the position of the clasp with respect to the beads.

Claims 15 - 23 (Canceled)